

Recommended Adult Dose: Take one capsule daily with a meal, a few hours before or after taking other medication, or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding, consult your healthcare practitioner prior to use. Hypersensitivity has been known to occur; in which case, discontinue use. **Guaranteed** to contain no added wheat, yeast, gluten, soy, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives, dairy or animal products. Ideal for vegans. **The capsules** are made from 100% pure vegetable sources, free of preservatives and additives. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

V1.0 **222**

BARCODE LOCATION
883196 12541



GENESTRA BRANDS

AMD

VITAMIN-MINERAL SUPPLEMENT

90 Vegetable Capsules

Supplement Facts

Serving Size 1 Capsule
Servings per Container 90

Each Capsule Contains		% DV
Vitamin C (ascorbic acid)	250 mg	417%
Iodine (potassium iodide)	18 mcg	12%
Zinc (zinc aspartate)	5 mg	33%
Selenium (selenium HVP ▲ chelate)	25 mcg	36%
Manganese (manganese aspartate)	9 mg	450%
Chromium (chromium HVP ▲ chelate/chloride)	25 mcg	21%
L-Cystine	100 mg	*
L-Methionine	50 mg	*
L-Lysine (L-lysine hydrochloride)	48 mg	*
Alginic Acid (from <i>Laminaria</i> spp.)	67.5 mg	*
Apple Pectin (from <i>Malus domestica</i> fruit)	55 mg	*
Chlorella (<i>Chlorella pyrenoidosa</i>) Whole Organism	2 mg	*

* Daily Value (DV) not established
▲ Hydrolyzed vegetable (rice) protein

Other ingredients: Hypromellose, magnesium stearate, magnesium silicate, cellulose

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